

ISSN 2354-8428
e-ISSN 2598-8727

JURNAL KEPERAWATAN

KOMPREHENSIF

COMPREHENSIVE NURSING JOURNAL

Published by :

**Sekolah Tinggi Ilmu Keperawatan
PPNI Jawa Barat**

Vol. 10 No. 1, January 2024



JURNAL KEPERAWATAN KOMPREHENSIF	VOL. 10	NO. 1	Bandung January 2024	ISSN 2354-8428	e-ISSN 2598-8727
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Research Article

Family Support in Fulfilling *Activities of Daily Living* and the Level of Personal Hygiene - Bathing in Schizophrenia Patients

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Received : 30/11/2023
Revised : 22/01/2024
Accepted : 28/01/2024
Online : 30/01/2024
Published : 30/01/2024

Abstract

Aims: This research aims to analyze the relationship between Family Support in Fulfilling Activities of Daily Living and the level of Personal Hygiene - Bathing in schizophrenia patients.

Methods: The population in this research consists of 88 families with schizophrenia patients, with a sample size of 47 respondents. The sampling technique used is random sampling, employing the Spearman's rho statistical test. This research was conducted from December 2022 to July 2023 in the village of Astambul, Banjar Regency, South Kalimantan Province, this research is an analytical research employing a cross-sectional design.

Results: Based on the Spearman Rho test, the value of ρ is determined to be 0.005 ($\rho \geq 0.050$). With a Spearman correlation value of 0.000, it indicates a positive correlation direction with a moderate strength.

Conclusions: Emotional support and increased attention are crucial in supporting a more effective recovery process. The better the family support in fulfilling Activities of Daily Living (ADL) for schizophrenia patients, the higher the level of personal hygiene - bathing in schizophrenia patients in the Astambul village area, Banjar Regency.

Keywords:

Activities of Daily Living, Family, Personal Hygiene, Schizophrenia, Support

INTRODUCTION

Schizophrenia is a mental disorder that can affect an individual's thoughts, feelings, and behavior (1). Mental disorders are considered conditions that do not directly cause death, but they hinder development due to a decline in both individual and group capabilities (2). Symptoms of mental disorders include a decline in communication, disturbances in reality perception, cognitive impairments, and difficulties in performing daily activities (3). Deficits in self-care represent a condition in which an individual experiences obstacles

or impairments in the ability to carry out or complete self-care activities, such as bathing, dressing, eating, and elimination, for oneself (4).

The incidence of mental health problems in Indonesia remains quite high (5). Data from the 2018 Basic Health Research (Riskesdas) by the Research and Development Agency of the Ministry of Health was conducted on a sample of 300,000 households (1.2 million individuals) across 34 provinces, 416 districts, and 98 cities. Among the various health data and information points, the prevalence of mental disorders reveals a

significant increase. When compared to the 2013 Riskesdas, it rose from 1.7 percent to 7 percent. This means that per 1,000 households, there are 7 households with individuals experiencing mental health problems, estimating around 450,000 individuals with severe mental health disorders. Based on diagnostic data in the Banjar Regency in 2018, mental health visits identified 129 individuals with mental health disorders experiencing deficits in self-care. According to data from the Astambul Community Health Center (Puskesmas) in February 2023, the number of patients with mental health disorders in the 22 villages of the Astambul sub-district is 88 individuals.

Based on the results of the preliminary research, data on schizophrenia patients in the Astambul village area indicate that families have provided support for personal hygiene, particularly bathing. However, patients often refuse to bathe, and families state that they cannot accompany or ensure the patient's daily bathing activities twice a day, mainly because the majority of the families are employed and return home in the evening.

Family support is crucial for patients with mental disorders who are being treated at home. Patients with mental disorders require assistance with bathing, eating, dressing, and toileting. If the family does not actively participate in the patient's self-care, the patient may feel unsupported or neglected, significantly impacting their condition. The aim of this research is to analyze the relationship between Family

Support in Fulfilling Activities of Daily Living and the level of Personal Hygiene - Bathing in schizophrenia patients.

METHODS

The research design employs a cross-sectional analytical method. The population for this research consists of 88 schizophrenia patients, with a sample size of 47 respondents. Sample calculation uses the Slovin formula with a degree of deviation from the desired population of 10%. The inclusion criteria in this study were family members who cared for Schizophrenia patients and were willing to become respondents, The exclusion criteria in this study were patients with Schizophrenia who had no or no family living in the same house. The sampling technique employed is random sampling. The research utilizes Spearman's rho statistical test. The research was conducted from December 2022 to July 2023 in the village of Astambul, Banjar Regency, South Kalimantan Province. The questionnaire in this research is used to determine each variable. The number of questions in this research questionnaire is 15 questions for family support and 10 questions for self-care, so a total of 25 questions. This questionnaire adopts the questions in the previous questionnaire which was carried out in research on the relationship between family support and repeated treatment of mental disorder patients in regional special hospitals (RSKD) in South Sulawesi Province in 2011.(11)

RESULTS

Table 1. Level of Personal Hygiene - Bathing in Schizophrenia Patients

Category	n	%
Good	18	38,3
Sufficient	29	61,7
Total	47	100

Table 1 shows the results of the level of personal hygiene - bathing in schizophrenia patients, with a sufficient category percentage of 61.7%.

Table 2. Family Support in Fulfilling *Activities of Daily Living* with the Level of Personal Hygiene - Bathing in Schizophrenia Patients

Category	n	%
Good	9	19,1
Sufficient	24	51,1
Insufficient	14	29,8
Total	47	100

Table 2. The results show that family support for the level of Personal Hygiene - Bathing in schizophrenia patients is categorized as sufficient at 51.1%, and insufficient at 29.8%.

Table 3. Results of the Spearman's rho statistical test

	p-value	Rho
Family Support and the Level of Personal Hygiene - Bathing	0,0050	0,000

Table 3. Based on the results of the Spearman Rho test, the value of ρ is determined to be 0.005 ($\rho \geq 0.050$). With a Spearman correlation value of 0.000, it indicates a positive correlation direction with a moderate strength.

DISCUSSION

The research outcomes, it is evident that family support for schizophrenia patients in fulfilling *Activities of Daily Living*, particularly in the category of Personal Hygiene - Bathing, is 51.1% in the "sufficient" category and 29.8% in the "insufficient" category. This indicates that the attitude of families in providing support to patients or families with schizophrenia is not yet optimal. This can also be observed in Table 1, where the data collection results related to the cleanliness of the patients show 61.7% in the "sufficient" category. Among the contributing factors to the deficit in care is predisposing factors, including specific health practices related to gender, education, the duration of the patient's mental disorder, and age (10).

Family support is the attitude or actions of the family in providing positive motivational influences on the Quality of Life of schizophrenia patients. The better the support received by the patient, the

better the quality of life they possess (6). This is because with good support from the family, the patient emotionally feels relieved, knowing they are being noticed, receiving advice or pleasant impressions, feeling valued, and loved (7).

Factors that can influence family support include, firstly, age, as independence tends to decrease in the 30 to 40 age range compared to younger ages. The second factor is education, which also plays a role in family support, as higher education levels make it easier for individuals to acquire knowledge. The third factor is relationship status, which can impact family support by increasing the patient's self-confidence in facing the treatment process for their illness. The fourth factor is occupation, which has an effect as socio-economic status can increase the risk of illness and influence how an individual manages the illness they are experiencing. Barriers affecting individuals with schizophrenia include obstacles in interpersonal relationships due to discrimination and social stigma, a lack of behavioral control, loss of employment opportunities, financial/economic constraints, side effects, and attitudes towards treatment (6). It is asserted that family support is a crucial element in assisting individuals in resolving these issues. This viewpoint aligns with

research conducted by Riyanto Agung Pamungkas (8), which emphasizes the significance of family support in the healing process, as familial support provides patients with a sense of being cared for and monitored, thereby aiding in the patient's recovery process. Family support for patients should be consistently provided, as it directly impacts self-care, such as emotional support, where the family expresses affection to the patient during the caregiving process (9). Families are the closest individuals to those with mental disorders during their self-care and healing processes, emphasizing the ongoing need for families to offer support to patients to aid in the recovery process of self-care.

CONCLUSION

The fulfillment of *Activities of Daily Living (ADL)* in schizophrenic patients requires support from the family. Research outcomes indicate that adequate family support significantly influences the level of personal hygiene, specifically bathing, in schizophrenic patients. Emotional support and increased attention are crucial in supporting a more effective recovery process. The implementation strategy that can be given to families and patients is to provide a schedule of the patient's daily activities which contains personal hygiene including bathing, eating, dressing, elimination and ornate. concluded that the better the family support and maintenance in the fulfillment of ADL for schizophrenic patients, the higher the level of personal hygiene, especially in bathing, in the Astambul village, Banjar Regency.

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